



While participants may be seeing shortages of food items at their local grocery store, retailers report there is adequate food supply, and stores may need time to restock their shelves.

Tips for participants to help ensure they can get their WIC foods:

- **Shop early in their benefit period.** Plan ahead and be aware that may not be able to purchase all food benefits at one time. Shop early in the benefit period to give them time to return to store for other items within the benefit period.
- **Shop early in the day.** Stores need time to restock and clean. Most of the restocking is being done overnight, so shop early in the day for increased selection. Many stores have specific shopping times designated for the elderly and immunocompromised. Advise pregnant women to consider shopping during these times.
- **Shop only for what they need.** Many shortages are happening at stores because many need to restock their shelves. Their preferred brand or variety may not be available.
- **Check receipts and benefit balances.** Review shopping list and benefit balance before going to the store. Check the mid-transaction receipt *before approving their WIC purchase* and review the final receipt *before leaving the store*. This will make it easier to fix transaction issues if it is discovered at the store.

Stay safe and healthy!

General [COVID Shopping Tips](#), [Spanish](#), [Hmong](#)